



CLAN

Worry Box

Workbook





Did you know everyone has worries sometimes?

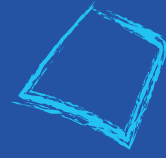
We can worry about school work, or starting a new school, or arguments with friends, or someone we care about being sick.

Problem is if we keep worries to ourselves they can grow bigger and we can feel upset, sad and worried, and be spending a lot of our time thinking about them; which is no fun at all!

What helps with worries is getting them out! and sharing them with someone you trust, like your parent, guardian or other trusted person. It often makes us feel so much better when we can do this and let an adult help. This is where a worry box can help!



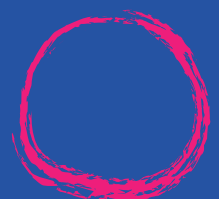
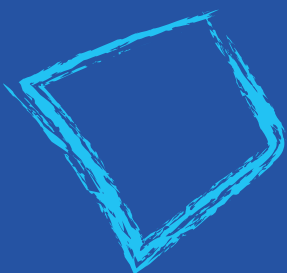
Step 1:



Have fun making your own worry box! It can be a box or a jar.

Decorate it any way you like, paint, paper, put your name on it, draw a pony or a football player anything you want! Put it in a safe and private place, maybe in a drawer or under your bed.

Just make sure there is a gap somewhere so it's easy to post your worries in everyday.





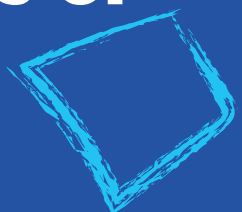
Step 2:

Then when you have a worry, write it down on a piece of paper and post it into your worry box.

The worry box is there to hold them and look after them for you, so you don't have to carry them about all day.

Step 3:

Writing your worries down can be easier than saying them out loud. Sometimes we can feel a bit embarrassed to share our worries or can be scared we might upset someone if we do.





Step 4:

It's time to look in the worry box!

Pick a time of day with your trusted person to look through your worry box each day.

If you don't have any worries that's great, just keep the box for a while in case you need it


If you have a worry take it out and look at it together.



Have a think, do you still feel that way? If you don't rip it up and put it in the bin! If you do think about it with your trusted person.

If your trusted person solves that worry for you – put it in the bin! If your trusted person helps you figure out what to do – put it in the bin!

If you still have a worry after you've talked it through, that's ok - put it back in the worry box, it will look after that worry for you and you can look at it again when you need too.





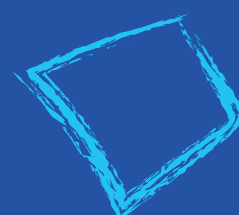
Last of All

Remember there are lots of things you can do to have fun and forget about your worries!

1. Get exercise - run around your garden or the park or the beach!

2. Have fun – be silly and do things that make you laugh with your family or friends.

3. Do things you enjoy – bake (get an adult to help you), draw, paint, play board games!



Parent/Guardian information

Worry box – read the guide with your child and then get your child to decorate and personalise a box any way they like and add a post box opening for posting worries.

When children have worries/anxiety weighing them down; writing them down gives them a concrete form and helps them to externalise their fears so they can actively process them.

This is more effective than trying to squash feelings by telling children not to worry. By using the worry box it gives you as a parent/carer the opportunity to give your child the support, information and reassurance that can help them feel less worried.

Set a time every day to look through the box with them (see the child friendly sheet below). If some of the worries still exist after this; it may be because they are valid, or that is just how your child is feeling right now, acknowledge this as valid, provide reassurance if you can and put it back in the box. Worries and feelings change over time; they are seldom permanent. Your child should hopefully start to see this by using the box.

Develop strategies: Can they remember a time they were worried before? What did they do to help themselves? Support them to develop strategies, such as diverting to an activity colouring, baking etc.

Things like Yoga, mindfulness and breathing exercises can be really helpful to calm our bodies and mind but they take time and practice to work so its best to learn these when your child is relaxed.

Build into their day: some form of exercise to relieve tension in the body.

Do something they enjoy or something that makes them laugh, this helps load them up with positive feelings.

Build in calming relaxation exercises too, helping their mind and body to regulate.

This activity is intended to support your child to express their worries. If you have serious concerns about the emotional welfare of your child you should always seek medical advice and make an appointment with Your GP.

